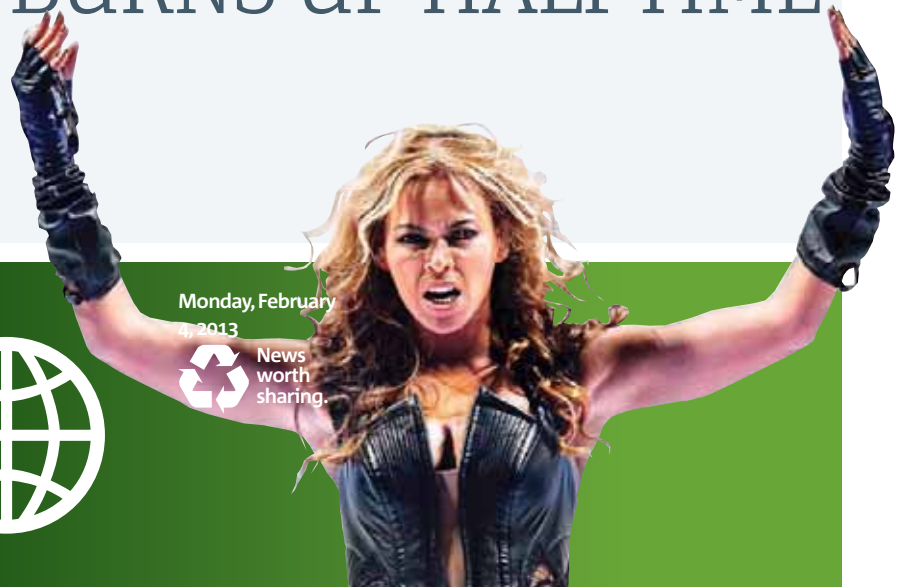




BEYONCÉ BURNS UP HALFTIME

SINGER BRINGS THE HEAT
& FEMININE FLARE TO THE
TESTOSTERONE-LADEN
STADIUM PAGE 9



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Monday, February
4, 2013



News
worth
sharing.



BALTIMORE BRINGS IT

Baltimore Ravens fans celebrate after their team scores in the third touchdown against San Francisco 49ers during the Super Bowl, at a pub in Baltimore on Sunday. The Ravens beat the 49ers 34-31.
More coverage, page 16. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Fire destroys cheese factory

Crews from several nearby fire departments were on hand to battle the blaze at the historic St. Albert dairy plant PAGE 3

RCMP spied on Occupy: Docs

Mounties compiled a dossier on Occupy activists in Ottawa, report shows PAGE 4

Twitter gets attacked

Twitter is among the latest U.S. companies to report that it is part of a growing list of victims of Internet security attacks PAGE 7

The perfect pulled-pork sandwich

Using a slow cooker will result in pork that's tender enough to be 'pulled' apart PAGE 15



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Blaze engulfs cheese factory

St. Albert. Worker says century-old dairy plant will be rebuilt after fire



JOE LOFARO
joe.lofaro@metronews.ca

Eric Lafontaine doesn't know what sparked a fire that destroyed the historic St. Albert cheese factory east of Ottawa Sunday, but said he is confident it can be rebuilt.

"I'm pretty sure we're going to go ahead and rebuild," said Lafontaine, who has worked at the factory for the past 17 years.

"I know we're well insured, but tomorrow we've got a meeting with the insurance (company) and we'll start from there to see what we can do."

He said he doesn't suspect foul play is involved in the fire, which started around 9:45 a.m.

Crews from several nearby fire departments were on hand to battle the blaze at the cen-

tury-old dairy plant, which is an important part of the small town's cultural heritage.

Police evacuated more than a dozen homes south of the fire scene over concern chemicals in the factory may pollute the air.

The general manager and other employees who usually don't work Sunday stood and watched firefighters attempt to salvage the building.

Three tall silos with the St. Albert logo remained standing after the fire, but beneath them lay a pile of rubble that once was a reception area.

"We're stunned. We're under shock right now," said Lafontaine. "When I was a kid, I was coming with my dad to get a bag of curds on a Saturday or Sunday. So it's been a tradition for me."

Lafontaine said an employee who had been working in the cutting room noticed smoke and ran outside the building.

It was founded in 1894 and its products are available at stores across Canada.

WITH FILES FROM THE CANADIAN PRESS



Firefighters douse the St. Albert cheese factory Sunday afternoon after a fire ravaged the building just before 10 a.m.
JOE LOFARO/METRO

Arson investigators probe fatal fire



A police car sits outside a burned out home at 1140 Shillington Ave. where an elderly woman died in a fire Sunday. JOE LOFARO/METRO

The Ontario fire marshal and the Ottawa police arson unit have been called in to investigate a fatal fire.

Firefighters were called just before 10 last night and told flames were shooting out the front windows and door of a single family bungalow at 1140 Shillington Ave.

A man who identified himself as the brother-in-law of the deceased woman said the victim's name was Shirley Goyette, 81. He did not give his name.

Goyette had been in the house since the 1950s, said the brother-in-law.

She was 81, he said, and had Alzheimer's. He added she had difficulty walking and used to

be in a wheelchair.

"The whole family was concerned (about her smoking). When anyone gets to 80 years old you can light the cigarette and put it down somewhere and forget it. And her with Alzheimer's, it's not very good."

He said it's hard to say if that was a factor in the fire.

Upon arrival, crews found two injured men in their 50s outside the home and quickly determined that a woman in her 80s was still inside the blazing residence.

Goyette's son, Jim Goyette, who is in his 50s, is recovering in hospital. The other man at the home, also in his 50s, was released from hospital, said Ottawa Fire Services spokes-

person Marc Messier.

Firefighters say they found the woman in the living room with severe burns to her body and brought her outside to be treated by paramedics, but she was pronounced dead at the scene.

Witnesses indicated that one of the two men was the woman's son and that he'd tried to rescue her himself, but the smoke and flames foiled his attempts.

Police issued a statement this morning that one of the occupants of the home had died and that two others remained in hospital with undetermined injuries. No names have been released.

THE CANADIAN PRESS

Winter driving

SUV tips into Ottawa River, driver OK: Police

Police say a driver walked away from a crash that saw his SUV dip into a creek along the Ottawa River.

Staff Sgt. Roy LaLonde says the man was driving on the shore when his car ended up in the frozen creek near the Constance Bay area of Ottawa.

He says the vehicle's front tipped into the water, leaving the hood submerged and the rear wheels spinning in the air. LaLonde says the driver wasn't hurt.

THE CANADIAN PRESS

Winter festival

Winterlude starts off with an ice-carving contest

Ice carvers from France and Poland have been crowned the winners of the National Capital Commission's International Ice Carving Competition.

Teammates Samuel Girault and Michal Mizula came first among 26 carvers from 11 countries. The competition helped start Winterlude festivities in Confederation Park over the weekend. Second place carvers were Ross Baisas and Antonio Baisas of the Philippines and Egor Stepanov and



Samuel Girault and Michal Mizula's winning ice carving, Epilogue.
SEAN MCKIBBIN/METRO

Alexey Andreev of Russia. For a photo gallery of the ice carvings and other scenes from Winterlude, go to metronews.ca. METRO

Autism controversy

Jenny McCarthy out as fitness instructor for local charity

Bust a Move and the Ottawa Regional Cancer Foundation announced Canadian fitness guru, Tommy Europe, will replace U.S. actress Jenny McCarthy as their celebrity fitness instructor.

The move follows a public backlash against McCarthy due to McCarthy's reputed belief that vaccination causes autism. Although a 1998 article published in the Lancet did make such a connection, subsequent studies have disproved the link



Jenny McCarthy
DAVE ALLOCCA/THE ASSOCIATED PRESS

and the medical journal retracted the article in 2010. A news release from the cancer foundation did not address the controversy specifically, saying only that "since Tuesday's announcement of the celebrity fitness instructor for the Bust a Move Ottawa, attention has shifted away from breast cancer awareness and fundraising." METRO

RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social-media sites and counted participants

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media sites and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor the protests from its offices.

The documents show NCC

staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request from The Canadian Press.

The Occupy Wall Street activists who set up camp in New York City's financial district in September 2011 spawned a global movement over what protesters perceived to be the widening social and economic gap separating the wealthiest one per cent from the rest of the population.

Soon similar protests spread to Canadian cities, including Halifax, Montreal, Toronto, Calgary and Vancouver.

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence at 24 Sussex Drive, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report says that while a "peaceful demonstration" was expected in Ottawa, "violence and acts of disobedience can-



Police evicted activists, part of an international protest against income disparity, from Confederation Park in November 2011. PATRICK DOYLE/THE CANADIAN PRESS FILE

Priorities

"The RCMP has limited resources and there are lots of threats out there. There must have been a decision ... that this was a worthwhile target."

Wesley Wark, security and intelligence expert from the University of Toronto

not be discounted."

The report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of

people in the room.

It is not clear from the report whether any RCMP officers actually attended the meeting, nor whether the Occupy Ottawa planners knew of the Mounties' presence at the university before,

during or after the gathering.

Marc-Andre Massie, a spokesman for the RCMP's "A" Division, which is responsible for the National Capital Region, declined to say whether the protesters knew the Mounties were

there.

"It would be inappropriate for us to speculate on different types of protest scenarios or intelligence-gathering techniques," he said.

THE CANADIAN PRESS

Landslide investigation begins



Provincial police have begun some analysis on the site and in the pit. GRAHAM HUGHES/THE CANADIAN PRESS

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

The bodies of two missing workers were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Officers will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, police spokesman Gregory Gomez said in an interview.

"We're going to try to determine ... if there is criminal wrongdoing," he said.

When survivor Benoit Robert spoke with reporters last week, he said he didn't blame his employer and described them as responsible.

Jacques Nadeau, spokesman for Quebec's workplace

safety board, said the investigation would take about six months.

"We'll have to look at the history behind the company, but every accident is unique," he said.

THE CANADIAN PRESS

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Minister hints Israel was behind airstrike on Syria

Middle East. Israelis fear Syrian weapons could wind up in hands of Lebanese militants

Israel's defence minister strongly signalled Sunday that his country was behind an airstrike in Syria last week, telling a high-profile security conference that Israeli threats to take pre-emptive action against its enemies are not empty. "We mean it," Ehud Barak declared.

Israel has not officially confirmed its planes attacked a site near Damascus, targeting ground-to-air missiles apparently heading for Lebanon, but its intentions have been beyond dispute. During the 22 months of civil war in Syria, Israeli leaders have repeatedly expressed concern that high-end weapons could fall into the hands of enemy Hezbollah, the powerful Lebanese militants.



Ehud Barak THE ASSOCIATED PRESS

For years, Israel has been charging that Syrian President Bashar Assad and Iran have been arming Hezbollah, which fought a month-long war against Israel in 2006.

U.S. officials say the target was a convoy of sophisticated Russian SA-17 anti-aircraft missiles. Deployed in Lebanon, they could have limited Israel's

ability to gather intelligence on its enemies from the air.

Over the weekend, Syrian TV broadcast video of the Wednesday attack site for the first time, showing destroyed vehicles and a damaged building identified as a scientific research centre. The U.S. officials said the airstrike hit both the building and the convoy.

In his comments Sunday in Munich, Barak came close to confirming that his country was behind the airstrike.

"I cannot add anything to what you have read in the newspapers about what happened in Syria several days ago," Barak said.

Then he went on to say, "I keep telling frankly that we said — and that's proof when we said something we mean it — we say that we don't think it should be allowed to bring advanced weapons systems into Lebanon." He spoke in heavily accented English.

THE ASSOCIATED PRESS



LGBT Indians step out

Members and supporters of the gay, lesbian, bisexual and transgender community ride a cycle rickshaw as they participate in the Hyderabad gay pride parade in Hyderabad, India, Sunday. The parade was held to spread awareness about the harassment, violence and discrimination faced by the community and to demand that its members be allowed to lead lives of dignity in India's deeply conservative society. MAHESH KUMAR A./THE ASSOCIATED PRESS

Saudi Arabia

Anger grows after girl's fatal beating

Online activists in Saudi Arabia are calling for harsher punishments for child abuse after reports that a prominent cleric received only a light sentence after confessing to the beating death of his five-year-old daughter.

Saudi media say Fayhan al-Ghamdi was freed last week after serving a short prison term and agreeing to pay \$50,000 US in "blood money" to avoid a possible death sentence. The reports said he questioned the child's virginity.

THE ASSOCIATED PRESS

England

Malala continues making progress

Malala Yousufzai, the 15-year-old Pakistani schoolgirl who was shot in the head by the Taliban, is in stable condition after undergoing two successful operations to reconstruct her skull and restore her hearing, the British hospital treating her said Sunday.

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Twitter hacking may affect 250K accounts

Cyberspying.

Company has not said whether China is behind security breach

Twitter is among the latest U.S. companies to report that it is part of a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyber-attack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small per-

Quoted

The attack "was not the work of amateurs, and we do not believe it was an isolated incident."

Bob Lord, Twitter's director of information security, in a blog post.

centage of our users." The company reset the pilfered passwords and sent emails advising the affected users.

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including The New York Times and The Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, The Washington Post disclosed that it was also the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent



In this 2010 file photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to information on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

cybersecurity blog.

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog

post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. THE ASSOCIATED PRESS

Free vs. fee. Is streaming music worth paying for? Canadians don't think so

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recently released report by the Media Technology Monitor suggests listening to music online is catching on with large numbers of Canadians. About 59 per cent of

anglophones and 46 per cent of francophones said they listen to streaming audio, with YouTube being the most commonly cited source for seeking out tunes.

Another recent report, this one released by the Department of Canadian Heritage, also suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service.

THE CANADIAN PRESS

Telecom

Iraq exchange gets first major stock float

Iraqi mobile-phone service provider Asiacell began on Sunday to sell shares on the Iraq Stock Exchange in

what the head of the bourse said is the biggest initial public offering in the Middle East since 2008. Taha al-Rubaye also said it's the first major stock float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein.

THE ASSOCIATED PRESS

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ARE CELEBRITIES HAZARDOUS TO YOUR HEALTH?



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Steve Collins
ottawa@metronews.ca

Other celebs could have told Jenny McCarthy that Ottawa can be a flaky gig.

She could have asked her fellow Playboy Playmate-turned-actress Shannon Tweed, for example — who had the bizarre experience of having her dear hometown proclaim Shannon Tweed Day, and then, after a backlash, hastily rescind the proclamation — or Taylor Swift, the would-be headliner of last summer's aborted Capital Hoedown.

We can now add McCarthy's invitation to appear at a breast-cancer fundraising event and rapid subsequent deinvitation because of her fringe beliefs on childhood vaccinations to Ottawa's CV of such sideshows.

Celebrity's a fleeting thing. When the news broke, I had to look McCarthy up. Sure, her name and face were familiar, but the reasons for that familiarity had slipped my mind.

She has all the usual qualifications for contemporary fame without obvious distinction — model, actress, TV host, etc.

But no Googling, no matter how perfunctory, could possibly fail to turn up references to her public campaign against child vaccinations, largely based on a discredited study linking them to autism.

The Ottawa organizers of Bust a Move for Breast Health wouldn't exactly have had to dig to find out about her activism, and the virulent opposition it provokes in many, who consider her a Typhoid Mary of public-health misinformation.

Her ideas on vaccination may be wrong-headed, goofy and potentially dangerous, but she wasn't hired for her ideas. Nobody was expecting her to personally cure breast cancer. The job, as I understand it, was to draw participants to the event and cheerlead them through the day's fitness activities.

She's on record neither as anti-exercise nor pro-cancer, but it's not otherwise obvious what led to her initial selection, apart from her fame.

The 1993 Playboy appearance that originally conferred celebrity status on McCarthy also made her breasts uncommonly famous, so maybe someone detected a potential tie-in there with Bust a Move, which last year cheekily categorized its tiers of event sponsorship by cup size.

McCarthy fares poorly in comparison to last year's celebrity guest, diet and exercise guru Richard Simmons, who despite his clowning persona, espouses a considerably more conventional health message (eat less junk, exercise).

Thanks to Twitter, we can get evasive statements of dubious veracity directly from celebs themselves instead of their media representatives.

"So so sorry Ottawa!" McCarthy tweeted after her appearance was cancelled. "I had to pull out of event because of my new show taping conflict but will be back in a few months to make up for it!"

She made no mention of the controversy and certainly didn't add the hash-tag #dropjenny, which had become the rallying cry for the social-media campaigners against her appearance here.

The Ottawa Regional Cancer Foundation seemed more forthright, explaining in a statement that "since Tuesday's announcement of the celebrity fitness instructor for the Bust a Move Ottawa, attention has shifted away from breast cancer awareness and fundraising."

They've replaced McCarthy with ex-CFLer and fitness coach Tommy Europe (full disclosure: I had to look him up, too), who seems a better fit for the event.

Despite the cancer foundation's understandable aversion to the bad press, though, it's possible the flap will end up helping more than it hurt.

The controversy got Bust a Move more ink than it otherwise would have received (in this space, for example). As long as the incident doesn't leave a bad taste in the mouth of donors, the added attention might give a helping push towards this year's \$500,000 fundraising goal.

As for McCarthy, there's a logical symmetry to being hired for one's fame, and fired for one's notoriety.

And unlike vaccinations, celebrity has an unproven track record when it comes to public health. The reason McCarthy's activism so upsets her detractors is that a certain segment of the public seems to consider her a credible source of health information by virtue of her fame. And that's pretty sick.

Vegan bark may have bite



VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs.

THE CANADIAN PRESS

Canine culture

"You only have to spend a few seconds in the room — when they hear carrots being chopped up they're like lightning.... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland, a vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds.

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. THE CANADIAN PRESS

Art festival helps kids cultivate talent

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

On Jan. 27, the second annual Art Child festival was held at Ottawa's Glebe Community Centre, with the goal of helping a new generation of youth

find their voice.

Founded by Jewne Johnson of In Da Industry, this year's Art Child was an all-day event with free workshops for children in dance, card-making, arts-and-crafts, DJing, film, hair styling and more.

As arts programming in schools has suffered from recent budget cuts, Art Child's mission is to give students of all backgrounds a chance to explore the arts, which the organization believes is vital to their development.

"Too often, art is thought of as a luxury we can only afford in economically good times," says Clevon Meikle, Art Child's communications director.

Nearly 300 children came out to the festival, where they enjoyed not only a range of creative activities, but also a fashion show featuring the city's upcoming young designers, as well as an exciting performance by Baiyu, a New York-based pop star and former MTV personality.

She was joined onstage by ODmE, a well-known Ottawa rap artist, whose song Dream inspired the crowd with a message of creativity and individuality. It's no wonder that Dream has become Art Child's official theme song. CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

rbc.com/portfolio

The Word



Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's — all year long



THE WORD

Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as

their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."

Twitter



@kirstiealley

my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall" ..Oy Vey



@ElizabethHurley

Dragging myself downstairs to put puppy in the garden....



@JuddApatow

I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.



@SteveMartinToGo

The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.



Nicole Kidman

'No surgery for me,' says Kidman

Despite numerous reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery.

"No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again."

So how does the Australian actress keep her face looking the way it does? "I wear sunscreen, I don't smoke and I take care of myself, and I am proud to say that," she said. "Anybody can do anything to themselves — I don't judge — but personally, I believe in being physically fit."

Baby No. 2 for Penelope and Javier

Penelope Cruz is reportedly pregnant with her second child, according to E! News. The Spanish actress is about three months along, sources say, and is thrilled to be pregnant at the same time as her sister, Monica Cruz.

Penelope is vacationing with husband Javier Bardem on Johnny Depp's private Caribbean island. The couple has a two-year-old son, Leo.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones



STARGAZING

Malene Arpe
scene@metronews.ca

This week in creepy dads:

1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs." 3) The Hong Kong millionaire, who this fall offered \$65 million to any man who could convince the millionaire's lesbian daughter to divorce her wife and marry a dude, reiterates his offer.

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Justin Bieber gropes a fan's breast at a meet and greet. Selena Gomez decides to spend two or three days in bed, watching The Notebook over and over and not washing her hair.

Kris Jenner gets her own talk show. Subjects that will be covered during the first week of broadcast: "Kash comes from kids," "Kashing in on kute kids" and "Kids! kan they be konverted into more kash?"

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.



Lindsay Lohan

Carole Mallory, author of a book about her affair with Norman Mailer, has written a new book about sleeping with famous men. In it, she says that Robert De Niro used to keep his socks on. "That totally ruined all my elaborate erotic fantasies involving Robert De Niro," said absolutely no one.

Porn actor James Deen talks about working with Lindsay Lohan on The Cancers. "In porn I am used to working with professionals who are courteous to others," he says. "Whatever," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Sources say it was only the respective entourages who were fighting. 3) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/

stomp on one of your beloved cultural touchstones" warnings. TORSTAR NEWS SERVICE



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Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?! Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from

the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

Exclusively online

- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.



Dealing with dinnertime stress? Here's what not to say

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he

doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

row night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

Being mindful of our nice-to-nag ratio



Communication with your children can be tough. Remember to try to stay calm. ISTOCK IMAGES

Hands down, my greatest challenge as a mother is trying to stay calm and facilitate growth through the natural wild behaviour children have. I want to be calm, but wow, it is hard to do.

So I ask myself a question every day to help me stay focused on being calm: What will be my nice-to-nag ratio?

Every family who has come to see me in my psychotherapy practice with "misbehaving children" has had a very low nice-to-nag ratio. Children use behaviour to communicate until they can find the words to express themselves, and misbehaving children and their parents can get into a pattern where the

bulk of any communication to that child is corrective. "Stop it! Why are you doing that? Why won't you listen?" Again, it can be hard to be nice to a child who, in your mind, is always blowing it.

"Your ability to enjoy your child may be the most important factor in his development," according to Laura Markham, PhD, author of *Peaceful Parents, Happy Kids*.

If I can stop myself from hurting or scaring my child or continually being on my child's back when they need direction, I won't be contributing to their negative self-talk. Children push away from their parents

when they experience too much wounding from them.

Do you like to be around people who are continually on your case? No, and neither do your children. An exhausted, mother of a "rebellious teen" said, "I wish someone would have told me this when my daughter was little. How can I possibly take back all those days I constantly nagged her? Help me get her back." Thankfully, I can report that after a year of that mom's conscious decision to communicate with her daughter openly, she is well on her way to getting her daughter back.

ANDREA NAIR/YUMMYMUMMYCLUB.CA

3 TIPS

Type your way to the total package by polishing up your online presence

I'm with the brand.

Beyond the paper resumé, there's a world of ways you can promote your best self on the web

ELIZABETH
BEDDALL

life@metronews.ca

Welcome to the world of social media, where any aspect of your online biography can mean the difference between landing that dream job and getting promptly passed over.

In the process of prioritizing your personal brand, it's imperative that you make sure you accurately portray yourself online as you would in person, ensuring that recruiters receive a fair impression of your character and that they recognize the unique qualities you could bring to their organization.

To help evaluate your online presence, James Davidson, talent acquisition manager for PwC Management Services LP, provides us with five key considerations that will help you improve your digital brand and make you more noticeable than your competitors.

The web at work

PwC is hosting its second annual Personal Brand Week from Monday to Friday.

- During the week, visit the PwC Careers Canada Facebook page (facebook.com/PwCCareersCanada) for more tips and techniques on personal branding.

Relevance

People evaluate you based on relevance. This is how consistent the real-world-you is to the virtual-world-you. To increase your volume and relevance on the web, you can showcase your expertise, skills and experiences via online forums, Facebook, LinkedIn and Twitter.

Volume

Volume speaks to how much content is on the web about

you — the more you have to say about yourself, the more information people will have to read about you.

Clarity

Clarity means the ease with which readers can differentiate the content that is about you versus information on others with the same name. It's imperative to secure your vanity name for LinkedIn, Facebook and Twitter. Spending some time to figuring out the right

Put your best face forward

"People are more likely to believe you if you have a professional photo."

James Davidson
Talent acquisition manager for PwC Management Services LP

words to describe yourself is critical. This determines how easy it is for others to find you online.

Diversity

Diversity is having multi-media content supporting the real-world-you.

This means sharing photos, quotes, articles and videos — all of which help express your skills, passion and values in another way. For example, people are more likely to believe you and your work experience if you have a professional photo — especially on sites such as LinkedIn.

Validation

Lastly, validation is essential in getting other people to reference you or confirm who you really are.

This is extremely important to increasing the credibility of your personal brand. You need to get others to recommend you online, endorse you and provide you with testimonials. By attempting these online suggestions, you will be on your way to building and managing your professional online presence.




When they meet you in person, will you properly reflect the profile you've set up online? If not, it's time to make some edits. ISTOCK

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If home is where the hard work is, make sure your milieu sends you messages of motivation. iStock

Building a home office space that works for you

This desk gets your best. The fridge and TV may be just around the corner, but you're happy to plug away in your productivity pad

One of the biggest mistakes businesspeople make is assuming that working from home will automatically result in a higher level of productivity. Unless you carefully construct your home office environment, you may find that working from home is less productive than you anticipated.

Staples offer the following tips for setting up your home office to help maximize your productivity:

The ideal working environment

Home office setup is an exercise in knowing yourself. Before you make any decisions, make a list of the things you need to spur productivity.

Some people can work at a desk in a common area of the house with the television running in the background. Others want a closed-door environment where distractions are minimized.

For some people, a home office is a place to finish up work from a regular day job. For others, a home office is a primary workspace where they spend eight or more hours of the day. Before you start rearranging the furni-

Get the stuff before you tackle the tough

The right office furniture, equipment and supplies

- Once you have decided whether you're going to segregate an area of the living room, convert a spare bedroom or set yourself up in the basement or garage, you should start thinking about home office furniture.

- * The type of office furniture you pick and the way you organize your space will significantly impact your productivity.

- Whatever your preferences are, investing money up front in the style of office furniture that makes you comfortable will naturally lead to greater productivity.

- * At the very least, this ensures that you won't be tempted to relocate to the bedroom instead of working at your desk. Likewise, an upfront investment in office supplies and equipment will help you get your work done faster and avoid distractions.

ture, decide what you need as an absolute minimum to encourage you to use the space as intended.

The cost of outfitting a home office

A basic home office setup can cost you under \$500 if you already have a computer that you can relocate to your new space.

There are a number functional office furniture options that look expensive but are actually quite affordable, especially if you are willing to put the furniture together yourself. A printer and a phone with voicemail can round out a basic home office setup.

A more advanced home office setup would include a fax machine and a photo-

copier. Fortunately, there are three-in-one office machines that combine a printer, fax and copier in one piece of equipment. Keep in mind, however, that a machine that does many things often offers fewer features for each specific function. For example, if your work at home requires more than the occasional photocopy, it can be more efficient to buy a dedicated copy machine that has special functionality to handle a heavier workload.

Don't forget to set aside money in your home office budget for office supplies. From paper to paper clips, you will have to buy all of the little things that you took for granted when you worked for an employer.

NEWS CANADA

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Tanima Majumdar is the photographic force behind Chobhi scarves. PROVIDED

A beautiful business idea that comes from the art

That's a wrap!

Long-time pals combine photography skills and fabric savvy to create wearable art for their clients



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Ronjiny Basu and Tanima Majumdar
City: Ottawa and Delhi, India
Age: 31
Occupation: Co-founders of Chobhi Scarves

In-Credibility factor:

Friends since childhood, Ronjiny and Tanima always dreamed of doing something creative together. When Ronjiny completed her MBA in design, fashion and luxury goods in Italy, she finally convinced Tanima to put her remarkable nature photography to work. The two friends launched a line of luxury, nature-themed scarves under the name of Chobhi, which in Bengali means "picture". They call their creations "wearable art" and will soon expand to include a unique line of jewelry.

We knew we were on our way...

"...When we held a scarf in our hands for the first time. I had seen it on Skype from India and it didn't seem real," says Tanima, "but when Ronjiny handed it to me, it was amazing and exactly what I had pictured. The colours and designs really stand out on fabric."

Ronjiny is in India right



Ronjiny Basu, above, and her business partner Tanima Majumdar use fabric made with 100 per cent natural fibres for their scarves. PROVIDED

now working on producing their spring line and says, "It's been extremely rewarding to see something you are

passionate about bloom and grow. Our wish is that our scarves connect with your heart."

Action Plan

- Have a strong business and marketing plan that is customer-centric. It's important to have a product that connects to customer's emotions and links to a lifestyle statement.
- Put innovation into your passion by reinventing your products. We're

continuously trying to reinvent our strategy for the long term.

- Maximize the wonderful world of social media. We used Facebook, Twitter and Pinterest to help us understand our demographic and predict future purchasing patterns.

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Grilled cheese grows up with onions and tomatoes



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional; I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese,

freshly grated

- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Lunch. Veggie Hummus Crunch Sandwich



Canadian winters often make us want to curl up with a plate of our favourite comfort food. This filling, easy-to-make meal will allow you to satisfy that craving for a filling and delicious spread while sticking to your healthy-eating goals.

Like fruits and vegetables, bread has naturally occurring vitamins and minerals and is an excellent source of nutrients that can help Canadians manage their weight. An excellent source of Manganese, which helps your body metabolize carbohydrates, this sandwich is a perfect way to satisfy your hunger.

1. Spread hummus evenly on one side of each slice of toast.
2. Top 2 slices of toast with

cheese, tomato, red onion, cucumber, a handful of alfalfa sprouts and remaining slices of toast to form sandwiches.

3. Cut in half and serve. **NEWS CANADA/ NATURALLYDEMPSTERS.CA**

Ingredients

- 4 Slices Dempster's WholeGrains Wheat & Oats with Honey Bread, toasted
- 1/3 cup (80 ml) Hummus
- 2 slices light Havarti cheese
- 1 tomato, sliced
- 2 tbsp (30 ml) diced red onion
- 1/2 cucumber, sliced
- 1 package alfalfa sprouts

Pulled to complete perfection

For this recipe, simply marinate boneless pork for a couple of hours or overnight, then put it in the slow cooker.

The result will be tender enough to be shredded, or "pulled," apart. The sauce can easily be prepared while the pork is cooling.

1. In a bowl, combine 15 ml (1 tbsp) of the brown sugar, paprika, chili powder, mustard and salt. Rub over all sides of pork. Cover and refrigerate for at least 2 hours or overnight.

Ingredients

- 60 ml (4 tbsp) packed brown sugar, divided
- 45 ml (3 tbsp) paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) salt
- 1.5 kg (3 lb) boneless pork shoulder blade roast, cut into 4 chunks
- 1 envelope (38.5 g/1.4 oz) onion soup mix
- 375 ml (1 1/2 cups) chicken broth
- 1 ml (1/4 tsp) cayenne pepper
- 375 ml (1 1/2 cups) tomato-based chili sauce
- 45 ml (3 tbsp) cider vinegar
- 15 ml (1 tbsp) soy sauce
- Kaiser buns, warmed
- Coleslaw



This recipe serves eight. THE CANADIAN PRESS H/O

2. Place pork in five to six-quart slow cooker. Whisk soup mix and broth; pour over pork. Cover and cook on low 8 to 10 hours or on high 4 to 5 hours, until pork shreds easily with a fork. Transfer pork to a plate and let cool slightly.

3. Using spoon, remove excess fat from surface of sauce. Pour sauce into a large saucepan and

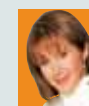
bring to a boil. Reduce heat and simmer for about 20 minutes, until syrupy. Stir in remaining brown sugar, cayenne, chili sauce, vinegar and soy sauce; simmer for 10 minutes to blend flavours. Adjust seasoning with salt and cayenne, if desired.

4. Transfer pork to a cutting board and add accumulated juices to sauce. Using two forks,

shred pork, placing it in a serving bowl. (This is a super-messy job, but worth the effort.) Pour 250 ml (1 cup) sauce over shredded meat, turning pork to absorb sauce. Serve pork on warmed buns, topped with coleslaw, with extra sauce for dipping. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012).**

Healthy eating

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Subway is considered a healthy fast food choice, but you may be surprised at what sandwiches pack the most fat and calories.

Subway tuna sub (6 inch with light mayo & Southwest sauce)

620 calories / 39 g fat

With tuna, mayo and sauce, the calories and fat in the sub equal half your daily calories and fat.



Equivalent

One six-inch Subway tuna sub with Southwest sauce and light mayo is equivalent in calories to five cans of tuna packed in water. Tuna is considered a healthy low fat fish on its own.



Subway steak and cheese sub (6 inch)

380 calories / 10 g fat

Shocking to most, the lean steak and cheese is a healthier option.





Baltimore Ravens wide receiver Anquan Boldin, left, stiff-arms San Francisco 49ers cornerback Chris Culliver during the second half of Super Bowl XLVII on Sunday in New Orleans. GENE PUSKAR/THE ASSOCIATED PRESS

Ravens prevail after power goest out

Super Bowl. 49ers nearly climb all the way back following blackout in New Orleans, but Baltimore holds on to win second NFL title

A power outage at the Super Bowl put the nation's biggest sporting event on hold for more than a half-hour Sunday, interrupting an otherwise electric, back-and-forth game that ended with Joe Flacco and the Baltimore Ravens as NFL champions thanks to a 34-31 victory over the San Francisco 49ers.



Flacco, voted the MVP, threw three first-half touchdown passes to cap an 11-TD, zero-interception post-season. Jacoby Jones returned the second-half kickoff 108 yards, a Super Bowl record, to give Baltimore a 28-6 lead.

Moments later, lights lining the indoor arena faded, making

it difficult to see. When action resumed, Colin Kaepernick and the 49ers scored 17 consecutive points, getting as close as 31-29.

But Baltimore stopped San Francisco on fourth-and-goal from the five with under two minutes left when Kaepernick's pass sailed beyond Michael Crabtree in the end zone.

The biggest deficit a team has ever overcome to win a Super Bowl is 10 points, and there were moments where it appeared San Francisco had a chance to better that mark. Instead, the 49ers lost for the first time in six trips to the Super Bowl.

The AFC champion Ravens (14-6), a franchise that moved

from Cleveland to Baltimore 17 years ago, improved to 2-0 in the big game. They also won the championship in 2001, when linebacker Ray Lewis was voted the game's MVP. Lewis was not a major factor this time, but he was a centre of attention, playing in the final game of his 17-year career before retiring.

The 49ers struggled early in the first Super Bowl coaching matchup between brothers: Baltimore's John Harbaugh is 15 months older than San Francisco's Jim Harbaugh.

Baltimore led 28-6 after Jones opened the second half with the longest kickoff return in a Super Bowl.

THE ASSOCIATED PRESS

After the game. Questions linger around ever-popular NFL



49ers tight end Vernon Davis takes a hit from Ravens defenders Sunday in New Orleans. GETTY IMAGES

The Super Bowl closes a tumultuous year for the NFL.

Suicides by former NFL players. Thousands of others filing concussion lawsuits. New studies linking football to brain disease. Still no testing for human growth hormone. The spectre of other purported performance-enhancing products — deer-antler spray, anyone? — being peddled to players.

A bounty scandal. A lock-out of officials resolved only after a ludicrous game-ending call. Zero minority hires for 15 coach and general-manager openings.

And yet the league is as

By the numbers

\$4M

Advertisers paid nearly \$4 million per 30-second TV commercial for the right to reach the 100 million or so Americans expected to tune into Sunday's Super Bowl.

popular as ever. Eleven of the 12 most-watched TV programs during the last 2 1/2 years were NFL post-season games, according to the league.

Uncertain, though, is what the future holds for an NFL.

"The game has changed and keeps changing.... It is such a violent game, and such a colli-

sion game, that careers are going to be kind of like not long at all. Because you take those licks — you've only got so many in your body, and at some point that's going to wear it out," said Ravens running backs coach Wilbert Montgomery, who played that position for the Philadelphia Eagles and Detroit Lions from 1977-85.

Montgomery said he got six concussions in one season alone, and others along the way, including one that knocked him out cold a few days before playing for the Eagles in the NFC title game at the end of the 1980 season.

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Short-track speed skating

Hamelin doubles up on gold in Russia

Short-track star Charles Hamelin won his second gold medal in as many days to lead a three-medal effort by Canadians at the Samsung ISU World Cup on Sunday in Sochi, Russia.

Hamelin, from Sainte-Julie, Que., finished first in the 1,000 metres, while Gabrielle Waddell of Red Deer, Alta., won her first individual medal, taking bronze in the women's 500 metres. Waddell later helped the women's relay team win silver.

Hamelin, who won the men's 500 on Saturday, earned his latest gold with a time of one minute 25.159 seconds.

"I was trying to be more patient and save energy for the end," said Hamelin. "So in the middle of the race, I tried a pass on the outside, but I got caught by the Korean with his deep track and I almost fell. I didn't panic. I got back on my blades and got back to the pack."

Semen Elistratov of Russia was second and American J.R. Celski finished third. Jinkyu Noh of South Korea settled for fourth.

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Canadian speed skater Charles Hamelin rounds a corner during the 1,000-metre men's final on Sunday in Sochi, Russia. THE ASSOCIATED PRESS

Cross-country skiing

Canadian pair work together for bronze

Canadian cross-country skiers Perianne Jones and Daria Gaiazova have both won sprint medals with teammate Chandra Crawford over the last two years.

On Sunday, Jones and Gaiazova showed that they can also reach the podium together.

Jones, from Almonte, and Gaiazova, from Banff, Alta., won their first medal as a duo, taking bronze in the 6x1.25-kilometre World Cup classic-style race in Sochi, Russia, with a time of 17 minutes 12.53 seconds.

Russians Julia Ivanova and Natalia Matveeva edged the Canadians in a photo finish in 17:12.47, while the Finns of Mona-Lisa Malvalehto and Anne Kyllonen won gold in 17:06.9.

THE CANADIAN PRESS

Hab has a knack for comebacks

NHL. Pacioretty returns ahead of schedule from appendix surgery to provide key assist in Montreal's victory

It took Max Pacioretty one shift to show he has completely recovered from appendix surgery.

Only eight days after an emergency appendectomy, the left-winger found a puck in the slot and slid it to the net for David Desharnais to tip in for a goal that helped the Montreal Canadiens to a 2-1 victory over the Ottawa Senators on Sunday afternoon.

Pacioretty, who was expected to be out for three to four weeks, looked strong as ever as he skated a regular shift on the top line with Desharnais and Erik Cole and picked up his fifth point in four games played this season.

"I just trusted that those two battling would make the right play and it ended up right on my stick," he said of the goal that tied the game 1-1 at only 2:13 of the period after Jakob Silfverberg opening the scoring for Ottawa.

"That's what I mean about them doing the heavy lifting early on."

Pacioretty's ability to bounce back from injuries causes fans and even his teammates to shake their heads in wonder.

In the 2010-11 season, he was stretched off the Bell Centre with a concussion and a broken vertebrae in his neck after crashing head first into a stanchion. But he was back on his feet within days.

He missed the last 15 games of the regular season and the first round of the playoffs, but might have been back if the Canadiens had gone further into the post-season.

He responded with a breakout 33-goal season in 2011-12 and was awarded the Bill Masterton Trophy for persistence and dedication.

Pacioretty said resilience is something he has learned.

"I look at adversity as a good thing," he said. "I've had to deal with a lot in my career, whether it be injuries or getting sent down."

"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second. It's made me the player and the person I am and I'm thankful to have got all these opportunities."

Sunday's game

2

Canadiens

1

Senators

Cole had the winner later in the first period for the Canadiens (6-2-0), who swept home games on consecutive afternoons after a 6-1 win over the Buffalo Sabres on Saturday.

The Senators (5-3-1) were coming off a 1-0 loss in Carolina on Friday night and are struggling to score with top centre Jason Spezza now recovering from back surgery.

Goaltenders Carey Price and Craig Anderson were both at the top of their games as Ottawa outshot Montreal 33-32.

Price may have caught a break as a goalie interference call nullified a goal by defenceman Andre Benoit 1:26 into the third frame. Price was outside the crease when Silfverberg leaned into him as Benoit shot.

Price made no comment. When asked if he thought it was the right call, Montreal coach Michel Therrien smiled but also said nothing.

"We thought we had tied the game and they waved it off," said Ottawa captain Daniel Alfredsson. "We didn't think it should have been waved off, but that's the way it goes."

"We still had some good chances after that. It wasn't to be."

Price is on a roll, having won six starts in a row since dropping a 2-1 decision to Toronto on opening night Jan. 19.

The Canadiens opened last season 1-5-2 and ended up last in the Eastern Conference. They have won five in a row at home, while last season playing at the Bell Centre was a chore as the team went a tepid 16-15-10.

"You never know what to expect when you have a new coach, new system and everything," said defenceman Josh Gorges. "We have a group here that wants to get it done. They want to pay the price, win the battles."

Pacioretty's return gave Montreal an almost completely healthy lineup and dropped Lars Eller from the first to the fourth line a day after he had three points against the Sabres.

THE CANADIAN PRESS



Montreal goaltender Carey Price makes a save against Ottawa's Daniel Alfredsson in Montreal on Sunday. With the Habs' 2-1 victory, Price has won six straight starts. GRAHAM HUGHES/THE CANADIAN PRESS

Around the NHL

Chris Kunitz scored a hat trick in the Pittsburgh Penguins' Super Bowl Sunday visit to the nation's capital, leading a 6-3 win over the Washington Capitals

- The Pens have won three straight and four of five to lead the Atlantic Division.



Penguins captain Sidney Crosby, left, takes a hit from his Capitals counterpart Alex Ovechkin on Sunday in Washington.

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In Buffalo, defenceman Brian Campbell scored on the power play with 10:33 remaining to cap Florida's three-goal rally and the Panthers beat the Buffalo Sabres 4-3 on Sunday.

- Peter Mueller, George Parros and Shawn Matthias also scored for the Panthers, who won their first road game of the season and snapped a seven-game road winless drought (0-5-2) dating to last season.

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Road blocks



"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second."

Max Pacioretty on the adversity he has faced during his career



Horoscopes

Aries

March 21 - April 20

You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

Taurus

April 21 - May 21

Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

Gemini

May 22 - June 21

You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

Cancer

June 22 - July 23

Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring – but also that bad thoughts could lead to bad things. It's your call.

Leo

July 24 - Aug. 23

Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

Virgo

Aug. 24 - Sept. 23

You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

Libra

Sept. 24 - Oct. 23

Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

Scorpio

Oct. 24 - Nov. 22

No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

Sagittarius

Nov. 23 - Dec. 21

A domestic matter of some kind has to be dealt with – not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision – and make sure everyone follows it.

Capricorn

Dec. 22 - Jan. 20

The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

Aquarius

Jan. 21 - Feb. 19

You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

Pisces

Feb. 20 - March 20

Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

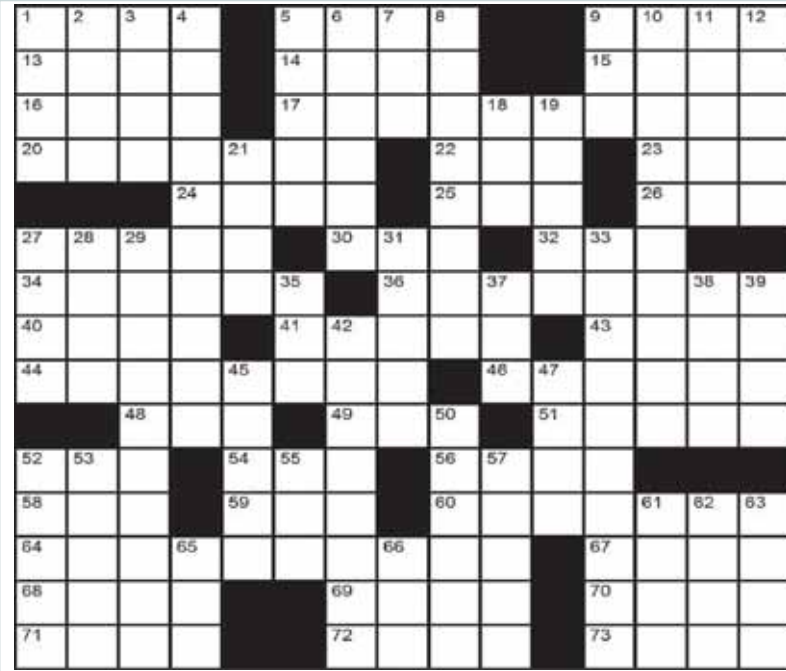
Crossword: Canada Across and Down

Across

1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of ___" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "___ a Witness" by Marvin Gaye
22. ___ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The ___ & Stimp Show"
26. Faucet
27. Paul McCartney's nickname
30. ___ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, ___"
36. Carnaval de Quebec mascot
40. "___ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, ___
48. Steve Nash's NBA team, on scoreboards
49. Cooking art.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and ___
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. ___ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

Down

1. Milwaukee, ___
2. "The Dame ___ Experience"
3. Trim

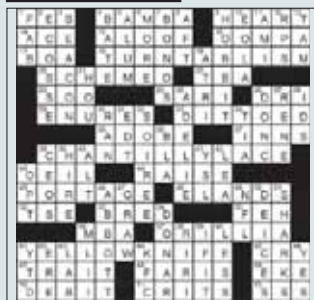


4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep

19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here ___, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio ___ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valen-

- time's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-___
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword

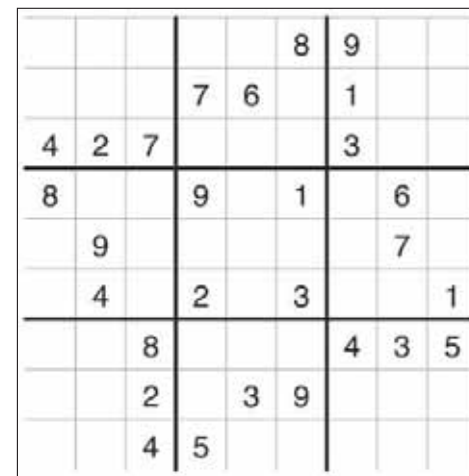
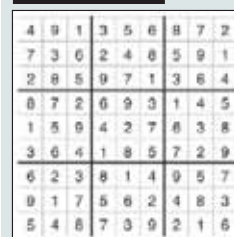


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

-12° / -21°

Sunny

Tuesday

-11° / -17°

Variable

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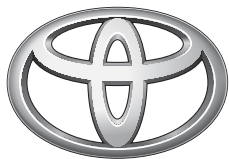
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